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**Tuesday**  
OCTOBER 14, 2008

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# cubicle hero

There's a fine line between  
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» Meet the  
"Jersey Boys"  
cast

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## To plan

Get tips for saving money by spending time at home with girlfriends at [orville.com/girlsnightin](http://orville.com/girlsnightin).

## To listen

Listen to demos of unsigned artists at [thenextbigsound.com](http://thenextbigsound.com) and create your own record label to sign the ones you think will be famous.

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WED.

# 66 45

Chance of rain



THU.

# 62 44

Cloudy



FRI.

# 57 41

Cloudy. Rain?



SAT.

# 59 46

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**Johnston and Palin**  
APFILE

# RUMOR CONTROL

## BRISTOL PALIN'S BOYFRIEND SPEAKS OUT ABOUT BABY AND THE CAMPAIGN

### Associated Press

**WASILLA, Alaska** Levi Johnston, who's having a baby with Gov. Sarah Palin's daughter, can't believe all the things he's hearing.

No, he wasn't held against his will on the campaign trail. No, he's not being forced into a shotgun wedding with 17-year-old Bristol Palin.

"None of that's true," Johnston, 18, said in a rare interview with The Associated Press. "We both love each other. We both want to marry each other. And that's what we are going to do."

Standing in the driveway of his family home in this small Alaska town, Johnston spoke about the rumors swirling around him.

The soft-spoken teenager discussed his relationship with Palin and how life has changed with fatherhood fast approaching. He agreed to talk despite the presidential campaign's advice in the days following Gov. Sarah Palin's nomination to avoid the media.

"They're not telling me anything right now," Johnston said as he checked his BlackBerry. "It's pretty chill."

Not surprisingly, Johnston was a little shocked when he learned about Bristol's pregnancy, but he says he quickly embraced the prospects of fatherhood. The baby is due Dec. 18. Johnston has dropped out of high school to take a job on the North Slope oil fields as an apprentice electrician.

Johnston hinted he's expecting a boy, but he declined to discuss baby names.

"I'm looking forward to having him," he said. "I'm going to take him hunting and fishing. He'll be everywhere with me."

Johnston said he has dated Palin since his



freshman year in high school.

"We were planning on getting married a long time ago—with or without the kid," he said. "That was the plan from the start."

While Johnston provided few details about next summer's wedding, the planning has started: A cousin will likely be his best man, and he has asked two hockey buddies, Ben Barber and Dane Wilson, to be groomsmen.

Barber doesn't think anyone pressured Johnston into marriage.

"If he thought it wasn't the right thing to do he probably wouldn't do it," he said.

Johnston, a Wasilla heartthrob, said he wanted to set the record straight.

» **MySpace mix-up:** He said his much-maligned MySpace page was a joke—the one that claimed he said: "I'm a ... redneck," and "I don't want kids." Johnston said his friends created the page a few years ago and he had nothing to do with it.

» **Thrill of the hunt:** Johnston is an avid hunter. He's bagged bears, sheep, elk and caribou. Some of the antlers are scattered about his yard.

» **Ring and a scare:** Last July on a caribou hunt he lost a "promise" ring that Palin had given him. He said he decided to tattoo her name on the finger and not bother with more rings because he'd just lose them anyway.

» **Red and blue:** Johnston didn't register in time to vote, according to the Mat-Su Division of Elections Office in Wasilla. But he's still rooting for John McCain and Sarah Palin.

## Bush's office numerology

President Bush is down to his final 100 days in office as of Sunday. Don't expect a quiet fade into the Texas night.

The president will keep speaking about the economy, calling world leaders about it, meeting with business owners,

perhaps attending an overseas summit. And White House staffers are preparing for the transition between administrations. **AP**

**\$10 trillion**

National debt Bush leaves behind

**Jan. 20 21**

Date Bush leaves office

Days until the presidential election

**\$700 billion**

Amount of bailout that could be Bush's final act



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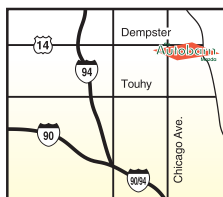
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**ONLINE**

Come blog it out. Join Kyra Kyles at **redयेchicago.com/ctablog** and share CTA observations, complaints, kudos and look for (or list) lost-and-found items.



**Chicago Tribune**  
publication  
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# What the 'L' is going on?

Two South Side riders want to know why there aren't more "L" cars in the early-morning hours. An Edgewater rider is appalled by two seemingly eternal escalator issues.

Got CTA questions? "Going Public" has answers.

I'm digging into public transit problems irking riders from all sides of the city.

## Out-of-order escalators

Our first inquisitor wants to know what's so wrong with two escalators that it would take the CTA six months to straighten them out.

Robin Mohr, 20, wrote to me "outraged to see that escalators at both Monroe and Jackson stops have been boarded off and will not be reopened until the end of February 2009."

The devil is in the details—and the age of said escalators, according to the CTA.

"The escalators at Monroe and Jackson on the Red Line that are being replaced were both installed in the 1940s," CTA spokeswoman Katelyn Thrall said. "The rehabilitation of the escalators involved completely stripping the unit of all parts and replacing them with new or reconditioned parts, keeping only the original outer shell."

## Two cars, too little service

Skipping a stop to a service issue, some South Side riders are railing against scant service along the Dan Ryan branch of the Red Line. "Going Public" received a call and an e-mail regarding the CTA running two-car trains during early morning hours on weekdays. The result on the rails: riders "packed like sardines and complaining," a Morgan Park rider said.

"The cars are so ridiculously crowded at this time it is pathetic," Lynn Dancy wrote in an e-mail to "Going Public." "With so many people riding this train at this time of morning, I don't get it."

Good news for early-bird South Siders: The CTA is mulling a rail re-do, Thrall said.

"Currently the CTA runs two-car trains along the Red Line Sunday through Thursday from 1:30 a.m. to 4 a.m. because ridership on the Red Line is low at that time," Thrall said. "But due to some complaints such as these, we are re-evaluating it."

## Sheridan spruce-up?

No news for several riders curious about the shabby state of the Sheridan stop. When I asked if it would soon get a mass transit makeover comparable to that of Howard, its Red Line neighbor, Thrall was noncommittal.

"CTA constantly evaluates its facilities and works to make repairs as needed and as funds become available," Thrall said. "At this time, there are not sufficient capital funds for major renovations at the Sheridan station."

Now that's an answer "GP" didn't want to hear.

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# Career boosters

## The boss' pets

Corporate suck-ups irking you at the office? Don't feel too bad. Even pop culture is infested with brown-nosers, both real and imagined.



### Cristina Yang, 'Grey's Anatomy' (Sandra Oh)

Medical colleague Meredith Grey may have slowly taught the previously prickly heart surgeon Yang how to be a real friend, but nobody needed to school Yang on suck-up strategies. A perfectionist with endless ambition, Yang's calculated cozying up to former fiancé and cardio-thoracic surgery head Preston Burke (Isaiah Washington) ended in heartbreak and his eventual exit from Seattle Grace. But Yang wasted no time surgically fixing her lips to the hindparts of his replacement, Erica Hahn (Brooke Smith).

### Entire cast of 'Paris Hilton's My New BFF'

Paris Hilton is looking for a new buddy on an MTV show that launched last month. If the first episode and promos for the MTV reality show are any indication, earning points with Paris the Heiress requires a lot of whining, sucking up and back-stabbing. Contestants live in a mansion Hilton calls a "dollhouse" because she controls their every move. Come on, did you really think Nicole Richie had it easy?



### Dwight Schrute, 'The Office' (Rainn Wilson)

Schrute, as a ludicrously loyal sidekick to Michael Scott (Steve Carell), aids and abets in his boss' buffoonery. Sometimes, he takes his support too far (like placing an angry raccoon in a new HR exec's car just to curry corporate favor). The unrequited man-crush is one of the biggest

examples of keister-kissing to hit network TV.



### Farnsworth Bentley

Bentley first entered the media spotlight holding an umbrella over Diddy's head in early 2000. The cultured assistant then elevated his brown-nosing game, most notably as a referee for rowdy rappers who appeared on the second season of Diddy's "Making the Band." But who said sucking up doesn't pay off? MTV just renewed a second season of

Bentley-hosted reality show "From Gs to Gents," and the umbrella-man is launching a rap career with an assist from Chi-town's own, Kanye West.



### Waylon Smithers Jr.

This simpering yes-man from "The Simpsons" is so attached to Mr. Burns that his aging (and evil) boss has even offered to extend his employment into the afterlife. "When I pass on, you shall be buried alive with me," Burns tells Smithers in a "Simpsons" soundbite still heard 'round the Web.

## In order to stand out from rest, workers build their own brands

By Kyra Kyles | REDEYE

Molli Megasko makes no apologies for standing out at the public relations firm where she works.

In addition to balancing a full client load at Arment Dietrich, Megasko, 24, serves as the company's social chair, a position she created. She has asked for, and received, at least two leadership positions within the firm, where she started as a standout intern.

"I made sure that I was a good-mood fairy," said Megasko, who has been promoted four levels up to an account executive in less than three years. "I did things like sending around inspirational messages and coming up with fun activities. I wanted them to see that I was part of a positive corporate culture and that they wouldn't have that culture without me."

The Streeterville resident said some could perceive the facts that she works late, networks well with her peers, impresses management with innovation and asks for increased responsibility as kissing up.

"There is a fine line," Megasko said of the delicate distinction between being a brown-noser and a business asset. "But anyone who sees what I do knows that I am passionate about my job and want to help the company move forward. Anybody could realize the difference between what I'm doing and what a kiss-ass would do."

Megasko is a rising breed of go-getter employees, inspired by a down economy and growing job uncertainty. According to the Labor Department, 159,000 jobs were lost last month, the biggest one-month drop since March 2003.

Nowadays, employees must build their own personal brands and go beyond the call of duty to distinguish themselves, experts say.

"It's no different than a company branding itself differently from a competitor who offers the same goods and services," said Niquenya

Fulbright, an executive life coach in Edgewater. "To remain competitive in the job market and take advantage of promotions, you have to stand out."

But there is a right and a wrong way to handle such branding, according to Liz Ryan, an author and workplace commentator for **businessweek.com**, Yahoo! and BBC Radio. Ryan said some workers mistakenly think they must be blustery, self-congratulatory and slick to gain notice.

"Some people are so phony with it," said Ryan, a former Chicago resident who lends workplace advice at **asklizryan.com**.

"All the air kisses and that kind of thing. Gross! Worse yet are the ones who think they have to back-stab their peers to get ahead. ... Karma exists, but it won't take 10,000 years for you to get what's coming to you if you trample on other people."

Instead, Ryan said, professionals should focus on being "boundary spanners," or employees who go outside of their departments and corporate comfort zones to bring people together and help the company.







Molli Megasko  
in her office.

JON HAMBLIN FOR REDEYE

“People remember those who do a service for them, for example making fruitful introductions,” Ryan said.

That strategy worked for Brad Bowers, 31, of Aurora.

During his eight-year tenure at Aldi, he advanced from an intern to a district manager, Bowers said. During his internship, he said, he asked a lot of questions and showed a lot of interest.

“You should always be visible and recognized for good things you do,” said Bowers, adding that true brown-nosers are disingenuous. “Your ultimate goal should be to focus on what a company’s needs are and that will get you a long way.”

Rather than being ashamed of his ambition, Bowers said he wished he’d been more aggressive earlier.

“The first two to three years, I sat back a lot and didn’t speak up as much in meetings or network,” Bowers said. “I was still fresh out of school and wanted to learn the company.”

Today’s grads and beginning professionals

will likely not have the luxury of that kind of time.

“Don’t start to self-brand and network when you feel fearful for your job or when you want a promotion,” Ryan said, adding the most successful boundary spanners begin working early and do it often. “If you network only when you need to, that’s exactly when it’s too late.”

Megasko, for her part, is not so much focused on impressing management, but on expressing her entrepreneurial spirit. She balances her personal drive with praise for and support of her colleagues, insisting on using a “we” instead of an “I” when her team’s efforts yield success, Megasko said.

But if anyone ever does mistake her hard work and dedication for showing off, Megasko isn’t worried.

Her approach is all about answering one important question.

“Do you want a job or do you want a career?” Megasko said. “I know my actions show that I want a career, and this is all a part of making that happen.” **KKYLES@TRIBUNE.COM**

## Movin’ on up

Boundary spanners are professionals who know how to go outside of themselves and their department to solve problems. They also are the opposite of brown-nosers, according to workplace expert Liz Ryan. Here are some tips, from Ryan and local life coach Niquenya Fulbright, that can help you boost your brand at work.

- » Recognize your limitations. Don’t accept a role just because it puts you in the limelight.
- » Speak up, but only if you have something of substance to say.
- » Use social networking tools, including LinkedIn, to stay in touch with and learn about the interests of your colleagues and fellow networkers.
- » Collect kudos. After securing permission to do so from the kudos-giver, leverage these tidbits strategically when it comes to raise, promotion or job-search time. **K.K.**

## Are you a brown-noser?

Brown-nosing is no way to get ahead in business.

“It is extremely transparent when someone is just talking to hear themselves talk or are stepping up to take on tasks and don’t know what they are talking about or how to do them,” said Michelle Benjamin, 38, a Lakeview graphic designer.

“Those are the exact wrong reasons to be noticed,” said Benjamin, who leveraged contacts she cultivated from five years at ad agency Young and Rubicam to launch a graphic design company.

So how do you know whether you are coming across as a brown-noser instead of a go-getter? RedEye recommends that you check your nose if your résumé looks like this:

### Career summary

A consummate keister-kisser with no particular skill set, but impressive methods of promoting self to all levels of management.

### Skills and activities

- » Fetching coffee for bosses every day and loudly announcing that I fetch coffee for bosses every day
- » Stretching out already overly long mid-day meetings with impassioned yet pointless comments
- » Pointing out the failings of others
- » Taking credit for other people’s successes
- » Gossiping about colleagues behind their backs to middle management
- » Being the last person to leave the office every day for no other reason than to be known as the last person to leave the office every day

### Awards and honors

- » Most Likely to Kiss Some Boss Butt (2008)
- » Waylon Smithers Jr. Lifetime Achievement Award (2007)
- » Quoted in “Yes Man” magazine as expert source on sucking up (2006, 2007, 2008)



# chicago

## Is college worth it?

### Some weighing costs of higher education

#### Chicago Tribune

Kelly Stevens is suffering from buyer's remorse.

The 29-year-old took out more than \$60,000 in loans to pay for a bachelor's degree in fashion marketing from the Illinois Institute of Art. She was convinced it would allow her to open her own store or work for a major fashion company—basically, to make more money.

But nearly a year after graduating, she waits tables at a comedy club. Every week, she gets rejected from half a dozen marketing jobs. She can no longer make payments on some of her loans. She can barely scrape by.

"I can't open my own store in this economy," Stevens said. "Marketing jobs are among those that have been hardest hit. Sometimes it feels like I should never have gotten that degree."

Money is only one of the reasons to go to college, of course. But with college costs skyrocketing and the economy worsening, the question of whether higher education is a worthy financial investment is no longer a no-brainer.

For decades, the earnings gap between college graduates and high school graduates grew and grew. Get a bachelor's degree, and you were almost guaranteed to be a lot better off.

But the gap in earnings has started to shrink in recent years: U.S. Census data show college graduates earned 77 percent more in mean income than high school graduates in 2007, down from 96 percent seven years earlier. Meanwhile, more students are taking on debt. The debt levels are growing. And some graduates are unable to land jobs that allow them to pay back their loans.

Most experts insist that going to college is generally worth it. College graduates still earn substantially more than high school graduates

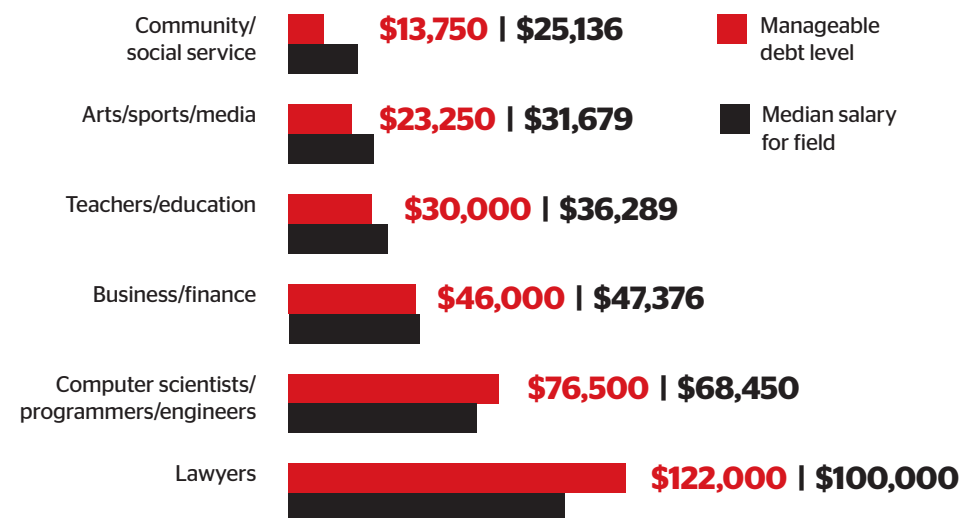
#### ELITE OR NOT?

About one-third of college students drop out—dashing any return on their investment. Does attending an elite college make a difference? The answer is unclear. While some researchers have found that graduates of top schools earn more on average than those from less prestigious institutions, others have found no difference.



Kelly Stevens, who took out more than \$60,000 to pay for college, keeps an eye on customers Thursday at Zanies comedy club. **ABEL URIBE/TRIBUNE**

### Manageable student debt levels By profession, based on College Board formula



on average: \$59,365 annually compared with \$33,609.

But they caution that some college choices are no longer a wise investment. Students destined for low-paying careers, they say, simply cannot manage certain debt levels. Loans can surpass \$100,000 depending on the school and the borrower.

"If you're going to be a nursery school teacher your whole life, you should not be taking out a lot of loans," said Sandy Baum, senior policy analyst for the College Board and an economics professor at Skidmore College. "That's the problem. It's an investment people make without knowing how they will pay it off."

## College questions

With college costs rising, the question of whether it's worth it is not cut-and-dried. Here's a look at a few perspectives.

#### TYRRELL JEFFRIES, 18

Jeffries, a senior at West Aurora High School and a teller at West Suburban Bank, for a time considered staying in his job and forgoing college. With a 3.67 grade-point average, getting into college isn't a problem. Paying for it is. "The No. 1 thing is affordability. I want to go to a good college, but an affordable one."

#### AARON GOGGANS, 20

A Colorado native, Goggans dropped out of the University of Chicago this summer, overwhelmed by the \$40,000 in debt he had accumulated. "Right now, I'm debating whether it's worth that much money to stay there."

#### JESSIE OWDOM, 26

A 2003 graduate of the University of Virginia, Owdom works in the Loop as a health care consultant earning a salary nearing six figures. A history major, Owdom is not burdened by loans. He attended the school as a Virginia resident, decreasing costs, and his parents paid most of the in-state tuition. "I wouldn't have gotten my job today if I didn't go to college. I also wouldn't be prepared to do the job."



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watch****CHATHAM  
Man killed on  
South Side**

**1** A 23-year-old man was shot and killed in what may have been a robbery on the South Side late Sunday, police said. Officers arrived about 11:30 p.m. to find the victim, Malander Jenkins, suffering from a gunshot wound in the neck on the sidewalk in the 7900 block of South Vernon Avenue. Jenkins was pronounced dead a short time later, according to the Cook County medical examiner's office. No suspects are in custody.

**WEST ENGLEWOOD  
Man slain in the street**

**2** A 56-year-old man was shot to death Sunday night after leaving a bar in West Englewood to smoke, police said. Officers were called to the 5700 block of South Ashland Avenue about 10:30 p.m. after the man's body was found in the street. He had been shot in the head, police said. Authorities identified the victim as Bruce Peebles of the 7900 block of South Parnell Avenue. Wentworth Area detectives are investigating the shooting.

**ENGLEWOOD  
Cops investigate possible suicide**

**3** Police Monday were investigating the apparent suicide of a 28-year-old man who they said shot himself after accidentally shooting his 18-year-old brother in the head. The brothers were in the 1300 block of West 71st Street when the older brother tried to shoot a dog, but the bullet struck the younger man instead, police said. The older brother—identified as Brandon Thomas—took off in a car, was stopped by police and put a gun to his head and fired as officers approached, police said. His brother was in critical condition Monday, police and the medical examiner's office said.

**ROSELAND  
Man shot near home**

**4** A 27-year-old man was fatally shot Monday afternoon near his home on the Far South Side. Jonathan McGinnis of the 11200 block of South Vernon Avenue was in the area when he was shot, authorities said. He was taken to Roseland Community Hospital, where he was pronounced dead at 2:52 p.m., according to the medical examiner's office. Police said no one was in custody Monday evening for the shooting, which may have been a drive-by.



Kedzia Salter (second from right), aunt of Kiyanna Salter, is comforted by relatives Monday following Salter's funeral mass at St. Sabina Church. Salter was killed last week on a CTA bus as she was returning home. **KUNI TAKAHASHI/TRIBUNE**

## Hundreds mourn teen slain on bus

Kenya Jackson didn't want the mourners at her daughter's funeral to pity her. She didn't want them to cry for her daughter either.

With quiet fortitude, the mother of 17-year-old Kiyanna Salter stared into the eyes of hundreds of mourners and pleaded with them to honor the teen by doing something more important: loving their own children.

"It's going to happen again," said Jackson, her voice heavy with sorrow.

"Y'all gotta love these kids. Talk to them. Be understanding."

Salter was killed Oct. 5 on a CTA bus as she was returning home from visiting a sick aunt when two men got into a quarrel over a passing touch and one fired a gun into the bus, striking Salter. Milton Wardlaw, 24, was charged with her murder after heeding his mother's plea to turn himself in to police. Salter didn't

know either man.

Hundreds of mourners turned out at St. Sabina Church on the South Side for Monday's funeral services. Salter, a popular senior at Julian High School, was the second Julian student killed on a CTA bus since last year and one of nine Chicago Public Schools students shot to death so far this school year.

Mourners and eulogists painted Salter's death as a result of a larger plague of violence wreaking havoc on the African-American community. They urged mourners not just to talk about stopping violence but to be a part of the solution.

Rev. Michael Pfleger urged every youth in the crowd to pledge never to touch a gun, a pledge he said they owed Salter.

"Make a decision today, in Kiyanna's name, that you will never resort to violence," he thundered.

## Police: No charges for teen's tale

Palos Heights police will not pursue charges against a 17-year-old girl for fabricating a story that she was abducted and sexually assaulted, officials said Monday.

The high school student, who claimed she was attacked as she left work Sept. 16, will perform community service, Sgt. Dave Delaney said. He said he understands why some in the community feel she got off easy, but he urged locals not to take out their anger on the girl.

"I do believe the family is getting this

girl the help she needs," Delaney said. "I hope they can move on with their lives."

The teen and her family apologized to the community in a statement last week. After the teen reported being abducted and assaulted, authorities alerted residents and released a sketch of the alleged suspect. Some residents were upset because the drawing depicted a man of Arab descent, but Delaney said the sketch did not create problems in the Arab-American community.

## Suburbs roll dice with casino bids

The latest chapter in Illinois' long-running saga to open a casino in the Chicago suburbs will begin to unfold this week as regulators move forward with plans to reissue the state's only dormant gambling license by year's end.

The decade of delay, however, could cost the state millions as companies weigh the value of a gambling license amid a faltering economy in a state with a new indoor smoking ban and high casino taxes.

That's not stopping cash-craving towns from again pairing up with casino partners and investors in a search for riches.

Waukegan, Des Plaines, Country Club Hills and Calumet City all have business partners submitting bids for the license by Tuesday's deadline, and the Illinois Gaming Board plans to announce the full list of those vying for a casino on Wednesday.

The interest comes despite hang-ups surrounding the license that have caused many to approach the bidding process with near-superstitious caution.

That's particularly true in Rosemont, where officials were reluctant to even disclose who the city is partnering with in its latest effort to secure a casino.

Rosemont had been slated to host the state's 10th casino until the company it partnered with, Emerald Casino, was denied the license in 2001 amid accusations of mob connections.

Rosemont continued to push for a casino, partnering with Isle of Capri Casinos in 2004 to bid on Emerald's license, which they won with a \$518 million offer.

But the state eventually revoked the license completely in 2005 to restart the application process. Emerald dropped its legal challenge last year.

**THE DIGIT**

# 51

Number of sites in Chicago where early voting is available for the Nov. 4 election. In suburban Cook County, where there are 44 sites, a one-day early voting record was set Monday with 7,689 votes cast, Cook County Clerk David Orr said.





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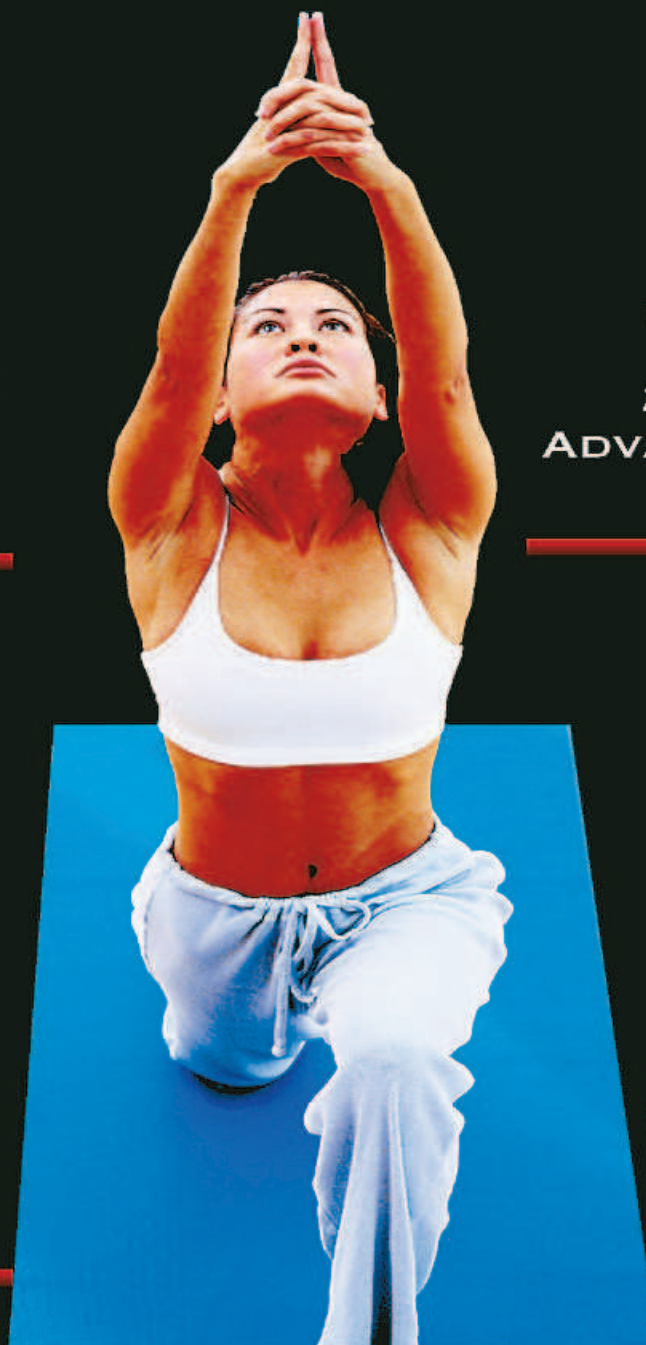
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## 1 Troops not needed

Iraqi Prime Minister Nouri al-Maliki said the 4,100 British troops in southern Iraq are no longer necessary to provide security, though he said there may be a need for a few to remain for training and technical issues. **AP FILE**

## Stocks rebound

Wall Street snapped back from last week's devastating losses after major governments announced further steps to support the global banking system, including plans by the U.S. Treasury to buy stocks of some banks. The Dow Jones posted its biggest one-day gain ever, rising 936 points to 9,387.

## 2 'Jobs, baby, jobs'

Sen. Hillary Clinton offered a Democratic rejoinder to the Republican chant of "drill, baby, drill." Said the one-time presidential candidate: "Jobs, baby, jobs." Campaigning for Barack Obama in Horsham, Pa., she said that her husband's administration produced a balanced budget and a surplus.

## 3 Can you hear me now?

The European Union told music lovers Monday to turn down the volume of mp3 players, saying they risk permanent hearing loss from listening too long at maximum levels. EU scientists reported that millions of Europeans could suffer hearing loss from listening to mp3 players at unsafe volumes.

## 4 Playing with fire deadly

A blaze that claimed the lives of a couple and their three children in a Manhattan apartment was caused by a child playing with a lighter or matches, authorities said Monday. The couple's 10-year-old son survived the fire Saturday, but remained hospitalized.

## 5 New tone on AIDS

South Africa's new health minister broke dramatically from a decade of discredited government policies on AIDS, declaring that the disease was unquestionably caused by HIV and must be treated with conventional medicine. Barbara Hogan's pronouncement marked the official end to 10 years of denial about the link.

## 6 2 dead in crash

A TV station says two people died when its news helicopter crashed in a rural area north of Houston. KTRK, an affiliate of ABC, reported Monday that a pilot and a photographer were on their way to a shooting scene in Montgomery County when the chopper crashed.

# Where's the beef?

## Some restaurants change menus amid higher prices

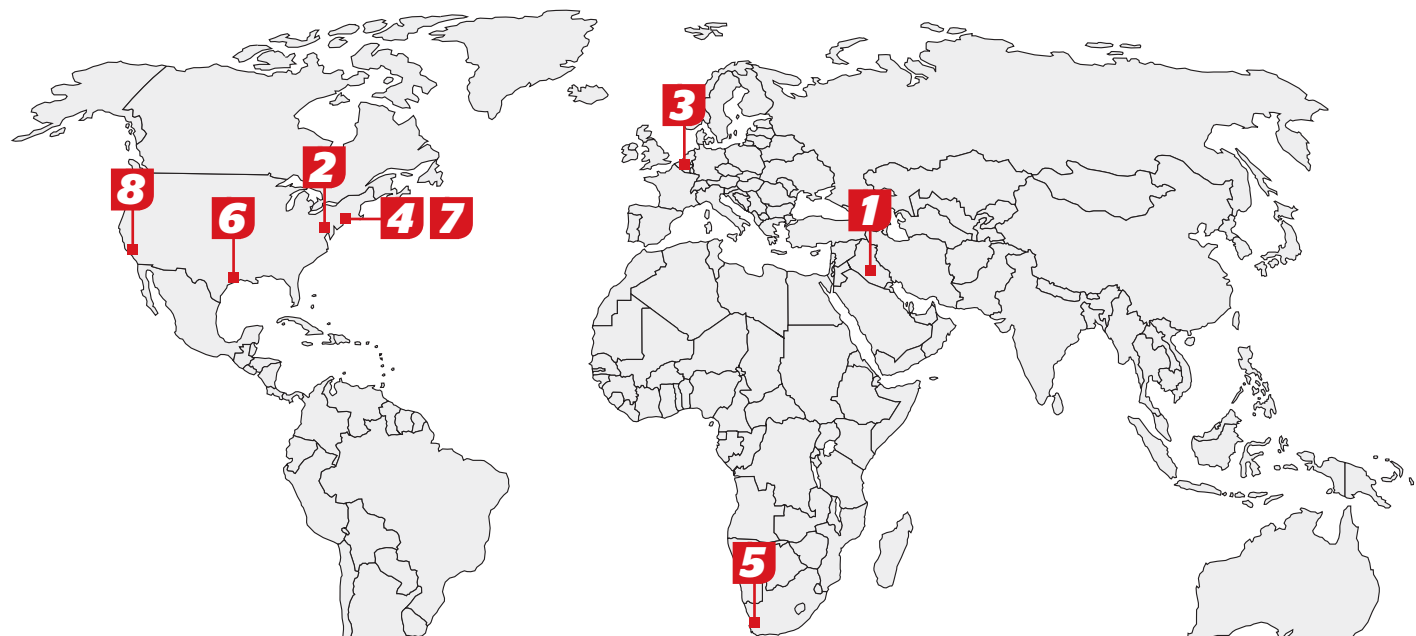
**7 NEW YORK** Beef may not be what's for dinner at your favorite restaurant come 2009. Restaurants, now working to secure supply and price contracts for meat and other commodities for the upcoming year, are expecting big increases in food costs—increases that will likely lead to menu changes and price hikes.

Some chains are already adjusting their menus to reflect current high costs for both beef and chicken. CKE Restaurants Inc., which operates the Hardee's and Carl's Jr. chains, stopped offering Double Cheeseburgers in its 2 for \$3 promotion at the end of August and replaced

them with Jumbo Chili Dogs and Hot Ham 'N' Cheese Sandwiches to avoid selling pricey beef at a lower price.

Even fast-food leader McDonald's is considering making some changes to its popular dollar menu—either by changing the items on the menu or bumping up prices—saying the cost of selling meat at such low prices might be too high.

"This is the most challenging environment for restaurant operators regarding food price inflation on the wholesale level for almost 30 years," said Hudson Riehle, senior vice president of research at the National Restaurant Association.



### PRICE HIKES

**8.7%:** Rise in wholesale food prices year-to-date through August

**4.2%:** Rise in menu prices from January through August

**19%:** Increase in beef and veal costs through August

**3.5%:** Increase in cost of processed chicken through August

**SOURCE:** HUDSON RIEHLE OF THE NATIONAL RESTAURANT ASSOCIATION



## Fires rage

### 8 LOS ANGELES

Traffic snakes up a road as residents flee their hillside homes during a fast-moving, wind-driven brush fire in L.A. Monday. Intense Santa Ana winds swept into Southern California and whipped up a 3,700-acre wildfire, burning mobile homes and industrial buildings and forcing the evacuation of eight patients from a nearby hospital.

**AP PHOTO**



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# sports

# SHOT DOWN

## BLACKHAWKS LOSE HOME OPENER IN SHOOTOUT

**NASHVILLE 3, 'HAWKS 2**

(shootout)

*The Blackhawks are still winless 3 games into the season.*

### Chicago Tribune

Blackhawks players were all dressed up with a place to go as they walked the red carpet upon arriving at the United Center for Monday night's home opener.

The Hawks looked better in suits and ties greeting fans than on the ice, where they fell to the Nashville Predators 3-2 in a shootout in front of 21,712.

The Predators' Rich Peverley and J.P. Dumont scored in the shootout and Dan Ellis stopped two shots as the Hawks dropped their third straight game to open the season.

It took a five-on-three advantage, but the Hawks' power play finally got untracked after failing to score on its first eight opportunities this season.

With Nashville's Ryan Suter (tripping) and Jerred Smithson (cross-checking) in the box, Patrick Kane sent a cross-ice pass to Martin Havlat, who was camped by the left post, and the winger tipped it past Ellis for a 1-0 Hawks lead at the 6-minute, 14-second mark.

Nashville tied it 1-1 on a Shea Weber blast from just inside the blue line that deflected off Hawks goalie Cristobal Huet's shoulder and into the net at 9:29.

Jonathan Toews gave the Hawks another power-

play opportunity when he skated through all five Predators and was slashed by Kevin Klein as he got a shot off that Ellis stopped. That man advantage proved costly, though, as Klein scooped up a loose puck while coming out of the penalty box, skated in alone on Huet and fired it past the Hawks goalie at 12:49.

Patrick Sharp wasted little time in the second period when the winger's first goal of the season tied it 2-2. Havlat redirected a Brent Seabrook pass that Ellis stopped and Sharp took two swings at the rebound and connected on the second to knock it in 29 seconds into the period.

The early goals by Havlat and Sharp came after coach Denis Savard had pulled his top players aside over the weekend to stress they need to lead the way after the Hawks lost their first two games.

"You watch the minutes the guys play, those are top guys in my view," Savard said. "I told those guys that it's a game of inches and you have to really work to get an extra inch in this game to be a good player. Everybody has to be better. They know their roles and what their strengths are and they have to play within their strengths."

Kane, who had a goal during the two losses but was a minus-2, was one of the players Savard addressed, and the second-year player took it to heart.

### HAWKS HITS

Cristobal Huet started in goal against the Predators on Monday night in the home opener. "It's his turn," coach Denis Savard said. "Probably for a little bit I might alternate." Huet started Friday night against the Rangers in New York and yielded four goals on 29 shots, then was Nikolai Khabibulin's backup Saturday night in Washington.

» With rookie defenseman Niklas Hjalmarsson day-to-day with bruised ribs, the Hawks recalled Aaron Johnson from Rockford of the AHL. **TRIBUNE**

## whiz quiz



Think you know your stuff? Test your sports smarts against RedEye's prognosticating pooch Whizzer.

I'll start off with an easy one. What is the name of the Blackhawks' mascot? Text "quiz" and the number of your answer to **47383**. I'll text ya back to tell you if you got the answer right or wrong.

1. Black Bart
2. Tommy Hawk
3. Hawkeye
4. Black Ice
5. The Incredible Hawk



Blackhawks goalie Cristobal Huet gives up a shootout goal to Nashville's J.P. Dumont.

GETTY IMAGES

## Home, sweet, home? Not necessarily

Success—or failure—in a team's home opener does not necessarily predict what will happen for the rest of the season. Take a look at some recent home openers for Chicago teams and draw your own conclusions. **REDEYE**

**MARCH 31  
VS. MILWAUKEE**



**Brewers 4,  
Cubs 3**

(10 innings)

### WHAT HAPPENED

Kosuke Fukudome went 3-for-3, including a game-tying home run in the bottom of the ninth inning, but the Brewers rallied to win the season opener in the 10th inning. **REST OF THE YEAR:** The Cubs won 97 games and captured the National League Central title for the second consecutive year. But, the Cubs being the Cubs, they were swept by the L.A. Dodgers in the first round of the playoffs.





"The sensors wouldn't let you publish my thoughts on the defense. Captain Neckbeard played another good game tho!"

WKDOWN

"The Bears didn't play well enough to win ... we just got sucked in."

TREOBENNY

"After the Cubs' season, a crushing Bears loss feels like a slap on the wrist."

NIKICONRAD

"Something needs 2 break our way. Bears flirting with 9-7. Not hockey fan, but good luck Hawks. Looking at you Bulls ... please?"

JUSTINCRESSWELL

"The more I think about it the more I am coming to believe that the squib kick was more gutless than clueless. In fact, it seems Lovie is more gutless than clueless. He seems to be constantly coaching out of fear of losing rather than desire to win. No confidence that our offense can score, no confidence our defense can hold, no confidence our ST can make a simple stop. Lovie plain doesn't believe in this team."

URSAMAJORFAN

"This coaching staff is just a joke ... They lose in the most impossible ways ... There is no accountability or leadership in management. It is exposed when you have stupid losses like this ..."

CMARINE201

"I think the squib kick was a big mistake. Our STs usually cover the return. We chose poorly."

BEARABLE SEASON

"I make no apologies for not being the least bit discouraged with having the Hawks losing the first two games of the season. Years gone by, I would have gone a bit off the wagon while hoping that we wouldn't do the losing-streak-to-start-the-season thing again. This season, there is just too much good stuff going on and the locker room has got to have some excitement and anticipation going for each next game."

RAMROD

# **APRIL 7 VS. MINNESOTA**



**White Sox 7,  
Twins 4**

**WHAT HAPPENED:**  
Joe Crede hit a

grand slam in the seventh inning to lead the Sox to their fifth consecutive win.

**REST OF THE YEAR:** The White Sox beat the Twins in a one-game playoff to clinch the American League Central. They could manage only one win against the red-hot Tampa Bay Rays before the postseason became the off-season.

# **NOV. 2, 2007 VS. PHILADELPHIA**



**76ers 96,  
Bulls 85**

**WHAT HAPPENED**  
Ben Gordon scored

25 points, and Tyrus Thomas added 21, but it wasn't enough as the Bulls fell to 0-2 on the season.

**REST OF THE YEAR** The Bulls could never get it going and finished at 33-49, good enough to beat only the lowly Milwaukee Bucks in the division.

# **SEPT. 16, 2007 VS. KANSAS CITY**



**Bears 20,  
Chiefs 10**

**WHAT HAPPENED**  
Devin Hester

returned a punt 73 yards for a touchdown, Cedric Benson carried for 101 yards, and Rex Grossman threw for a score to lift the Bears to a 1-1 record.

**REST OF THE YEAR** The Bears churned through three quarterbacks and finished the season 7-9, tied with the Detroit Lions for last place in the NFC North.

# **OCT. 6, 2007 VS. DETROIT**



**'Hawks 4,  
Red Wings 3**

(shootout)

**WHAT HAPPENED**

Patrick Kane, the No. 1 pick overall in the draft, scored the only goal of the shootout—on Dominik Hasek, no less—to lead the Blackhawks to their first win of the season.

**REST OF THE YEAR** The young Blackhawks remained competitive all season, but they finished with a 40-34 record and just missed the playoffs.



# A new era

We're heralding the home opener of the Blackhawks and their quest for the Stanley Cup. Uhh, whose cup is this here? Sign up at [redychicago.com/facebookfives](http://redychicago.com/facebookfives).



TOPIC	TRACY SWARTZ <a href="mailto:tswartz@tribune.com">tswartz@tribune.com</a>	LEO EBERSOLE <a href="mailto:lebersole@tribune.com">lebersole@tribune.com</a>	RAHULA STROHL <a href="mailto:redeyesports@tribune.com">redeyesports@tribune.com</a>	JIMMY GREENFIELD <a href="mailto:jgreenfield@tribune.com">jgreenfield@tribune.com</a>	STANLEY'S CUP <a href="mailto:redeyesports@tribune.com">redeyesports@tribune.com</a>
<b>1</b> How did you celebrate the Blackhawks' home opener?	Cherry-flavored boos.	By throwing a repeat of my O-2 parties during the baseball playoffs. Too soon?	I watched them on TV. Well, I flipped to them. Once.	I put on the foil. Then I cooked my hands. Then I got a lot of therapy.	Someone slipped me a little Jameson, and—voila—the perfect cup of Irish coffee.
<b>2</b> Give the Blackhawks some advice on how to recapture the city's attention.	More shots. Fewer cups.	Don't squib your kicks. Ever.	Stay on TV after baseball is over.	Put home games on TV, bring back Pat Foley, start winning.	Imagine showing me off after a hard-fought Stanley Cup victory. Getting teary-eyed, aren't you?
<b>3</b> How can the Bears bounce back from such a crushing defeat?	Continue to play dead since they can't follow commands, fetch the ball or lick my dishes.	It might be time to smuggle in Jack Bauer for a locker room pep talk.	Alcohol. The cause of and solution to all of life's problems.	Write 100 times on the chalkboard: "I will not squib kick with 11 seconds left ..."	Shhh. Please don't say the word "crushing" around me.
<b>4</b> The Bulls start regular-season play in a week. What do you know about them?	Derrick Rose goes by the nickname "Pooh." Should fit in well.	Derrick Rose at least looks like a functioning rookie, so the exorcism must've worked.	Derrick Rose has more leeway than Eddy Curry.	I know just enough about them to know I won't learn any more about them.	When Joakim Noah carries me around, I'll be filled with cognac. Slam dunk!
<b>5</b> How will Five on Five be different with Phil Thompson reduced to a part-time role?	Fans, i.e. Leo and that guy dancing for my nickels (not Leo), won't get their Phil.	Baseball teams call in the lefty; we call in the flunkie.	When I'm what passes for "minority," diversity takes a hit.	We'll have to put up with him breast-feeding around the office. Congrats on the new baby, Phil!	Fewer cup checks. Leo, you always hated that, right?

## THE KERRYMAN

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Yeah, I know. It's Tuesday night. So what?

Watching sports on TV isn't just a weekend activity in Whizzer's doghouse. I watch almost anything. Ask my bookie.

It's the slow time of year, but here are my picks.

- NBA Bulls vs. Minnesota**  
7:30 p.m., CSN  
The Cubs and White Sox aren't the only teams capable of breaking Chicago fans' hearts. Just watch.
- MLB PLAYOFFS Tampa Bay at Boston**  
7 p.m., TBS  
Should have been the White Sox, should have been the White Sox ...
- NHL Philadelphia at Pittsburgh**  
6:30 p.m., Versus  
I'm not above watching the NHL. At my size, I'm not above much of anything.

- ALCS | TAMPA BAY 9, BOSTON 1**  
Rays lead series 2-1  
**Monster outing for Rays**  
B.J. Upton and Evan Longoria homered off a suddenly shaky Jon Lester, and the power-packed Tampa Bay Rays cleared the Green Monster four times to beat the Boston Red Sox on Monday.

- NLCS | PHILADELPHIA 7, L.A. 5**  
Phillies lead series 3-1  
**Phillies on verge of Series**  
The Philadelphia Phillies used their favorite staple, the long ball, to move within one win of the World Series. Shane Victorino and much-traveled pinch-hitter Matt Stairs hit two-run homers off two of L.A.'s most reliable relievers in the eighth inning Monday night.

- Cleveland 35, N.Y. Giants 14**  
Braylon Edwards (right) of the Cleveland Browns eludes New York Giants defenders after a catch in the first quarter Monday in Cleveland. Edwards finished with 5 catches for 154 yards and one touchdown. **AP**



Brian Urlacher (left) will need to help rally the team in preparation for Minnesota. **NUCCIO DINUZZO / TRIBUNE**

# Struggling Bears stumble ahead

## Metcalf suspended

Offensive lineman Terrence Metcalf was suspended for four games Monday for violating the league's policy on anabolic steroids and related substances. He is eligible to return to the active roster Nov. 17. Metcalf has appeared in all six games this season. "It's something that happens," coach Lovie Smith said. "He's not the first guy in the league to get suspended for this reason, and that's about as much time as we can spend on it."

The task for the Bears amid the aftershocks of Sunday's traumatic 22-20 loss in Atlanta is simple: Get over it. Rarely, however, will it be as difficult as it is this week.

"That's the first game I've ever been involved in where I lost like that," said safety Mike Brown, shaking his head. "I've been in a lot of football games, but never one like that where you were so emotionally up [after Kyle Orton's 17-yard TD pass for a 20-19 lead with 11 second left] and then down [Jason Elam's game-winning field goal as time expired]."

Bears players get over defeats by employing a practical method that anyone getting over a failed relationship can appreciate: Replacement. Rather than repeat over and over, "Forget that loss, forget that loss," the Bears squeeze it out of their lives by replacing it with something directly in front of them, in this case the Minnesota Vikings.

"When you turn the film on of the next team, you can't be thinking of the last game," center Olin Kreutz said. "That's the way I put it behind me. When you turn the film on of Pat and Kevin Williams (Vikings defensive tackles with five combined Pro Bowls), you better be thinking about Pat and Kevin Williams."

## HOMETOWN HITS



**Nocioni**



**Gordon**



Andres Nocioni acknowledged that the right knee tendinitis that plagued him for the final three games of the Beijing Olympics has adversely affected his early portion of Bulls training camp. Specifically, Nocioni did little between helping Argentina claim a bronze medal and reporting two weeks ago for five straight days of double sessions. "I'm not feeling my best shape right now," Nocioni said. "I felt tightness in my knee, so I just needed to rest a little bit and that's it."

» Ben Gordon had hoped to practice Monday but remains out with a sore big right toe and is not expected to play Tuesday against the Timberwolves. Gordon also missed time during last season's preseason with a sprained ankle. Derrick Rose also missed practice because of a death in his family.

## UP NEXT vs. Minnesota

Tuesday: 7:30 p.m.



Saturday's upset loss to Minnesota in Champaign knocked Illinois off its path to a January bowl game. The Minnesota loss and a three-point victory over Louisiana-Lafayette are signs of trouble, along with a 3-3 overall mark at midseason and 1-2 start in the Big Ten. "It hasn't been perfect, but it hasn't been that bad," Illinois quarterback Juice Williams said.





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3. All Broadway In Chicago box offices and Ticketmaster retail locations
4. Groups (20+): (312) 977-1710
5. \$25 rush seats day of show at box office or online

BANK OF AMERICA THEATRE, 18 W. Monroe, Chicago

[JerseyBoysChicago.com](http://JerseyBoysChicago.com)





# Long time coming

## After three years and one fire, Morse Theatre opens

By Matt Pais

"I could have easily retired to Wisconsin," says Morse Theatre venue director Andy McGhee. "And written singer-songwriter songs and taken bad photographs for the rest of my life and been reasonably satisfied by that."

Boy, are we glad he didn't. Though it took three years and a reported \$6 million-plus of work, the Morse Theatre is up and running in Rogers Park. Transformed from a nickelodeon/vaudeville house that opened in 1912, the Morse—a live music venue that will focus on jazz, blues and folk—aims to restore the 'hood's liveliness that McGhee, a more than 30-year resident of Rogers Park, says has faded. Opening the Morse wasn't easy, particularly after an apparent arson caused an estimated \$500,000 in damage two months ago and forced several shows to be moved or canceled. But the theater is open at last.

## Scene

Watch out, Old Town School

of Folk Music: The Morse has the potential to score a variety of sophisticated artists and draw crowds that prefer to hit music clubs that don't feature \$2 Bud Light specials or floors stickier than a movie theater.

The opening night crowd defied generalization, though it included enough locals that McGhee said he knew half of the audience by face. With average

ticket prices at \$25, though, the Morse may be less of a neighborhood spot than a destination for Chicagoans to enjoy culturally rich concerts in a cozy setting.

and with the band onstage. (On opening night, it was the excellent Winard Harper Sextet.) The padded wooden chairs, which don't do your caboose any favors, may be moved to allow room for dancing but typically will be set up for general admission, no-standing-room seating.

## Sound

Wow, is that crisp. The Morse has a state-of-the-art sound system intended for recording—watch out for live broadcasts on classical station WFMT (98.7-FM)—and it shows. The volume levels were perfect, making the sizzle of the cymbals and the precision of the trumpet sound exquisite.

## Drinks

Full bars in the theater lobby and on the mezzanine level offer wine, liquor and 12 beers on tap, all available through table service once the show begins. Drinks are affordable, with glasses of wine ranging from \$6-\$12 and beer \$4-\$6. Note: There isn't much room to walk on the main floor. If you're sitting near the aisles, prepare to pass drinks and tap people on the shoulder when the waitress is trying to get their attention.

## Eats

When the Century Public House opens (see sidebar), the theater's bars will begin selling hors d'oeuvres. Until then, the Century offers free buffet-style grub for ticketholders.

## In the works

McGhee says he's considering using the theater's 18-foot projection screen during local film festivals and even for a film fest of its



The Morse Theatre  
JASON LITTLE FOR METROMIX

own. Other changes include commissioned murals on the theater walls and possibly lowered railings on the mezzanine level.

## Bottom line

Classy but inviting, casual but professional, the Morse has already made an impression on us with a performance that, as the music swung and the crowd clapped and tapped along, felt like a communal celebration.

MATT PAIS IS THE METROMIX MUSIC AND MOVIES PRODUCER. MPAIS@TRIBUNE.COM

## The Morse Theatre

**Tickets:** Available at [themorse.com](http://themorse.com)

**Capacity:** 299; seating for about 250

**Parking:** Limited free and metered street parking. Space sometimes available in church lot at Ashland and Morse.

## Coming soon: Century Public House

Rogers Park gets a new restaurant and music fans get an easy spot to grab a bite before a show when the **Century Public House** (1330 W. Morse Ave.) opens adjacent to the theater in late October. Executive chef Peter Camphouse, a lifelong Midwesterner who last cooked at Prairie Grass Cafe, has put together a menu of regionally focused fare influenced by his family's Eastern European heritage—think smoked trout cakes with remoulade and liver-encrusted elk rib-eye with mashed potatoes and cranberry-red wine reduction. Mains will range \$18-\$30, but there's also a lineup of less expensive pub fare such as house-made brats and sausages, burgers and sandwiches. At the bar, whiskey takes center stage. Look for about 70 options as well as a couple of flights.

M. KATHLEEN PRATT, METROMIX DINING PRODUCER







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## THE OTHER SIDE OF THE STORY: Media from the Arab World

Al Jazeera English is vying to be heard in the Western world, but are American homes ready to welcome its voice? Many American cable companies that feature international stations like the BBC, RAI (Italy), and Telemundo have chosen not to air Al Jazeera. What lies behind the resistance to add an Arab news network, and what does the absence of Al Jazeera say about modern news, free speech, and global media?

October 20 / 6:30 / Martyrs'  
[thechicagocouncil.org/goat](http://thechicagocouncil.org/goat)

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### TUESDAY FREEBIE

#### Got 'Milk'?

Quimby's  
Bookstore,  
1854 W. North Ave.  
773-342-0910.

Local graphic novelist Lucy Knisley leads a literary Tour de France when she signs and discusses her new book "**French Milk**," a graphic documentation of her six-week stint living in Paris with her mother. Drawings and photos illustrate her journey and the foods she encountered en route. 7 p.m.

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14

#### Body and soul

Various locations, Chicago.

More than 25 local beauty spots offer select treatments for \$50 as part of **Spa Week Chicago**. Get facials, massages, body wraps and manis and pedis at Elizabeth Arden Red Door Salon and Spa (919 N. Michigan Ave.), Channing's (54 E. Oak St.), Bliss (644 N. Lake Shore Drive) and other spots through Sunday. Reservations required. 212-352-8098. Complete list of spas: [spaweek.org](http://spaweek.org)

#### What's up, Doc?

Ida Noyes Hall, University of Chicago, 1212 E. 59th St. 773-702-8575.

Get into the Halloween spirit with the 1969 film "**Paranoia**" with Doc Films. Each Tuesday, the student-run society highlights *giallo* films, gory Italian thrillers with horror elements. Catch other themes throughout the week, such as the films of Andy Warhol and Yiddish language selections (Sundays through Thursdays), and recent blockbusters (Fridays and Saturdays). 7 p.m. \$5; \$26 for an unlimited season pass.

wed  
15

#### The sweetest thing

Crimson Lounge, 333 N. Dearborn St., Hotel Sax. 312-923-2453.

FREE

Like it or not, Sweetest Day is right around the corner. If you're single, don't plan a night out at the grocery store. Instead, snag a date (or commiserate) at the **Sweetest Singles Party**. Get \$5 Kilo Kai cocktails, dance to beats spun by a DJ and sample complimentary truffles from Katherine Anne Confections (6-8 p.m.). Goodwill donations benefit Leading India's Future Today (LIFT). 8 p.m. No cover.

thu  
16

#### Orange crush

Avenue Tavern, 2916 N. Broadway. 773-975-7000.

FREE

Show off your gourd-mangling skills at the **Sixth Annual Pumpkin-Carving Party**. Create your own masterpiece for a chance to win prizes in categories such as best sports theme, best current event and most humorous. Pumpkin and tools are provided. The finished lanterns are on display outside the bar through Nov. 1. Drink specials include \$5 specialty martinis and \$2 Bud and Bud Light drafts. 8 p.m. No cover.

fri  
17

#### Ladies' night

Circuit Night Club, 3641 N. Halsted St. 773-325-2233.

If you're looking for girl power, check out Chix Mix Productions' **The Masquerade Ball**. The lesbian-themed party features sets by DJs KT, Dragonfire and Just Beth. Also, local exotic dancers perform and offer \$5 lap dances. Wear a mask for a \$3 admission discount. 9 p.m. \$10.

**HOW TO REACH US |** FOR ENTERTAINMENT INFORMATION 24/7, GO TO **METROMIX.COM**.

Metromix is published Monday through Saturday as part of RedEye, an edition of the Chicago Tribune.

For questions, comments and story ideas, contact Matt McGuire, editor, at [mmcguire@tribune.com](mailto:mmcguire@tribune.com)

To submit event information for Metromix or [metromix.com](http://metromix.com), go to [metromix.com/listings](http://metromix.com/listings).





# GUTHRIES

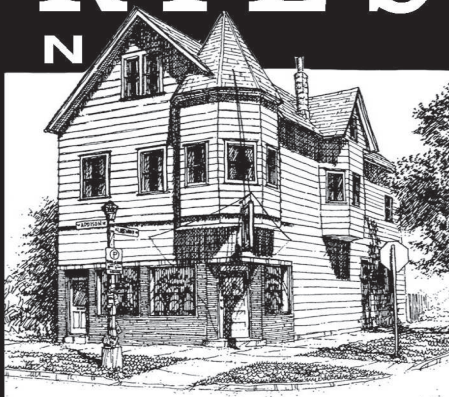
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### BOOTLEGGERS

\$7 domestic pitchers; 13 W. Division St. 312-266-0944.

### BRIDGET MCNEILL'S

\$2 off burgers, \$5 Smithwick's and Harp drafts, \$14 domestic buckets; 420 W. Belmont Ave. 773-248-6654.

### CHARLIE'S CHICAGO

\$1 Pucker shots, \$2 Bud Light bottles, \$4 Jager bombs, \$10 Stoli pitchers, karaoke 9:30 p.m.; 3726 N. Broadway. 773-871-8887.

### CHIEF O'NEILL'S PUB

8 p.m.: Traditional Irish Jam Session; 3471 N. Elston Ave. 773-473-5263.

### THE COACH HOUSE

Half-price wine; board games and team trivia; 950 W. Wolfram St. 773-665-5660.

### DEJA VU

\$3 shots, \$3 Heineken drafts, \$4 bombs, \$5 Don Julio shots; 2624 N. Lincoln Ave. 773-871-0205.

### EXIT

\$2.50 domestic drafts and select cocktails, free snacks and giveaways, DJ Andrew spins; 1315 W. North Ave. 773-395-2700.

### FOUR FARTHINGS TAVERN AND GRILL

Half-price appetizers 5-7:30 p.m.; 2060 N. Cleveland Ave. 773-935-2060.

### GRAND RIVER

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drafts, \$5.50 glasses of pinot grigio or merlot, \$5.95 salads; 3441 N. Halsted St. 773-348-9696.

### THE HANGGE-UPPE

\$4 rum cocktails, \$4 Corona and Dos Equis bottles; 14 W. Elm St. 312-337-0561.

### IO

9:30 p.m.: Pub Quiz. Round up a five-person

team and compete for food and drink prizes. \$2 PBR drafts, \$8 PBR pitchers, \$5 Long Island iced teas and \$3 well drinks. Two-time "Jeopardy" champion Joey Bland hosts. No cover; 3541 N. Clark St. 773-880-0199.

### JOE'S

25 cent drafts, \$2 pitchers, half-price

pizza (5-9 p.m.); 940 W. Weed St. 312-337-3486.

### THE KERRYMAN

Half-price bottles of wine; 661 N. Clark St. 312-335-8121.

### KIT KAT LOUNGE AND SUPPER CLUB

Tarot card readings, half-price martinis; 3700 N. Halsted St. 773-525-1111.

### LIAR'S CLUB

\$3 Sierra Nevada drafts and Kilo Kai shots, \$4 Kilo Kai cocktails; 1665 W. Fullerton Ave. 773-665-1110.

### LION HEAD PUB / THE APARTMENT

\$2.50 drafts, \$2 burgers, \$3 cheeseburgers with fries; 2251 N. Lincoln Ave. 773-348-5100.

### MAEVE

7 p.m.: Euchre tournament. Teams vie for prizes in a weekly card tournament. \$50 per team; 1325 W. Wrightwood Ave. 773-868-8073.

### MATILDA

\$1.50 fish tacos, \$3 Pacifico Clara bottles; 3101 N. Sheffield Ave. 773-883-4400.

### MATISSE

\$2 sangrias, \$3 margaritas, \$6 taco plates, \$4 Berghoff Oktoberfest drafts, \$5 Jager bombs; 674 W. Diversey Pkwy. 773-528-6670.

### RISQUE CAFE

\$5 for five sliders, \$2.75 select cocktails; 3419 N. Clark St. 773-525-7711.

### SLAINTE

\$3 Labatt drafts, \$7 PBR pitchers; 2138 N. Halsted St. 773-348-3665.

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\$3 wine tastings, \$10 wine flights; \$5 after-work menu (5 p.m.-6:30 p.m.); 111 W. Hubbard St. 312-828-9000.

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\$3.50 premium draft beers; 3747 N. Southport Ave. 773-871-5555.

### TAVERN 33

\$1 PBR cans, \$3 domestic bottles; 3328 N. Lincoln Ave. 773-935-6391.

### WICKER WELL

9 p.m.: B-Sides. DJ Word spins. Specials include \$2.50 Bud Light and Miller Lite drafts, \$5 Hypnotiq and Crown

Royal cocktails, \$5 Hornitos shots and \$6 Grey Goose and cranberry cocktails. Hosted by 80s Babies and FlyKids. No cover; 1637 W. North Ave. 312-804-5144.

### WILD GOOSE

\$2 you-call-it drinks, \$2.75 domestic pints, \$3.75 import pints, \$4 glasses of wine, \$3.99 all-you-can-eat spaghetti, \$4.50 lunch specials (11 a.m.-3 p.m.), \$5 Jager bombs; 4265 N. Lincoln Ave. 773-281-7112.

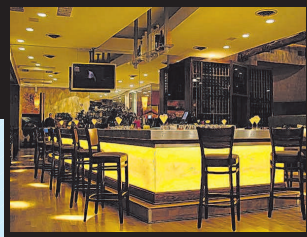
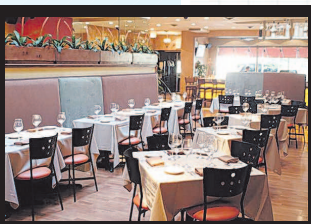
### XIPPO

Natural Tuesdays. \$3 Corona bottles, \$5 quesadillas, DJs spin 7:30 p.m.-2 a.m.; 3759 N. Damen Ave. 773-529-9135.

### ZELLA

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Scott Kleinberg





**Keane**  
GETTY IMAGES FILE

# Keane finds ‘perfect’ balance

Keane is turning into one of those bands that gets odder as they go.

The British trio’s debut, “Hopes and Fears,” was lovely, slightly buttoned-up, piano-driven pop. Its follow-up, “Under the Iron Sea,” was more rock-oriented.

Their latest, “Perfect Symmetry,” is wild and almost giddily experimental, channeling their dramatic, still sort of mopey, lyrical themes and Tom Chaplin’s soaring vocals into lighthearted new new-wave surroundings with surprising results.

“Spiralling,” the first single, sounds like Simple Minds remixed by Dizzee Rascal, complete with the awkwardly charming “Woo!”



**Keane**  
“Perfect Symmetry”



mishmash of retro and futuristic. The latter includes the unmistakable sound of guitar, which they have previously done without.

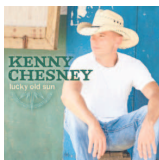
sample and Chaplin’s quavering vocals that recall Feargal Sharkey. The anthem-like “Lovers Are Losing” and “Better Than This” appropriate some David Bowie-esque synth lines—from “Heroes” and “Ashes to Ashes,” respectively—to create a weird, enjoyable

“Perfect Symmetry” has other worthy experiments—“You Haven’t Told Me Anything” sounds like The Cars crashed into Radiohead, while “Pretend That You’re Alone” starts out like a clear-eyed Happy Mondays before taking a Haircut 100 holiday in the middle. But the real beauty here is the gorgeous, more conventional ballad “Love Is the End,” a love story that leisurely unfolds over spare piano and skittering electronic drums.

While all of Keane’s new-wave weirdness on “Perfect Symmetry” merits smiles, “Love Is the End” actually warms the heart.

GLENN GAMBOA, NEWSDAY

## SNAP JUDGMENTS



**Kenny Chesney**  
“Lucky Old Sun”

Kenny Chesney has never sounded so relaxed and sure of himself. Still, “Lucky Old Sun” is a risky venture, as the country superstar steps away from the party anthems and middle-class sentiments his fans expect from him. Instead, he creates a personal album about escape. The settings often feature beaches, boats and rum drinks: Familiar territory for Chesney, in both his music and life. But this time he’s not heading into the sunshine to get loose; instead, he’s getting away from it all to find who he is and what matters to him. Songs like “Down The Road,” “Spirit Of A Storm,” “Key’s In The Conch Shell” and the agreeable first single, “Everybody Wants To Go To Heaven” shift Chesney’s compass toward a direction for the star to age with grace, as a musician and as a man.

MICHAEL MCCALL, AP

## SINGLED OUT

Songs to listen for

**Beyoncé**  
“If I Were a Boy”

Beyoncé’s new single is unusual for her because it’s so, well, normal. The mid-tempo acoustic number, like a less sassy “Irreplaceable,” is pretty and polished, but not nearly as bombastic and game-changing as her previous lead singles “Crazy in Love” and “Deja Vu.” Maybe Beyoncé is now leading the way into more somber, austere times.

GLENN GAMBOA, NEWSDAY

## CD RACK

Also in stores Tuesday

- » Nikka Costa, “Pebble to a Pearl”
- » Billy Currington, “Little Bit of Everything”
- » Ray LaMontagne, “Gossip in the Grain”
- » Yngwie Malmsteen, “Perpetual Flame”
- » Ingrid Michaelson, “Be OK”
- » Santana, “Multi-Dimensional Warrior”

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Mary J. Blige

## Metromix's top shows

**OKKERVIL RIVER**  
New "The Stand Ins" keeps streak of great records going. With Crooked Fingers, Black Joe Lewis and the Honey Bears. 9 p.m. \$18-\$20. Metro, 3730 N. Clark St. 773-549-0203.

**LITTLE BROTHER**  
Reliable indie hip-

hop. Promising locals Primeridian play third. Decay, Pugslee Atomz open. 9 p.m. \$20. Abbey Pub, 3420 W. Grace St. 773-478-4408.

**CASIOTONE FOR THE PAINFULLY ALONE**  
Local pop that's sad and soothing. With

*Ill Ease, sBach.* 9:30 p.m. \$8. Empty Bottle, 1035 N. Western Ave. 773-276-3600.

**MARY J. BLIGE**  
How many performers exude this kind of passion onstage? With Robin Thicke. 7:30 p.m. \$59.75-\$125.75. Arie

Crown Theatre at McCormick Place, 2301 S. Lake Shore Drive. 312-559-1212.

**DIGABLE PLANETS**  
Don't even act like you've forgotten about them. OK, you may have. 8 p.m. \$25. Park West, 322 W. Armitage Ave. 312-559-1212.

**ALFONSO PONTICELLI AND SWING GITAN**  
9:30 p.m. Free. Quenchers Saloon, 2401 N. Western Ave. 773-276-9730.

**ANDRE HOWARD, QUINTUS MCCORMICK**  
9:30 p.m. \$7. B.L.U.E.S., 2519 N. Halsted St. 773-528-1012.

**ANDREW NORSWORTHY AND JARED WOODS, MARK MCKAY**  
8 p.m. Tips/donations. Uncommon Ground on Clark, 3800 N. Clark St. 773-929-3680.

**BEN KWELLER, WHITLEY**  
7 p.m. \$20. Bottom Lounge, 1375 W. Lake St. 312-666-6775.

**CARIBICA**  
8 p.m. Free. Cafe Laguardia, 2111 W. Armitage Ave. 773-867-5996.

**CHARLIE LOVE AND THE SILKY SMOOTH BAND**  
9:30 p.m. \$10. Buddy Guy's Legends, 754 S. Wabash Ave. 312-427-0333.

**DAN THATCHER'S LIKE MINDS TRIO**  
9 p.m. Free. Pops for Champagne, 601 N. State St. 312-266-7677.

**DANILO PEREZ TRIO**  
8 and 10 p.m. Cover varies. Jazz Showcase, 806 S. Plymouth Ct. 312-360-0234.

**DEEP BLUE ORGAN TRIO**  
9 p.m. \$6. The Green Mill, 4802 N. Broadway. 773-878-5552.

**DEVIL IN A WOODPILE**  
9:30 p.m. Free. Hideout, 1354 W. Wabansa Ave. 773-227-4433.



Ben Kweller

**ERIC NODEN AND JOE FILISKO**  
12:15 p.m. Free. Chicago Cultural Center, 78 E. Washington St. 312-744-6630.

**ERIN MCDUGALD JAZZ QUARTET**  
9 p.m. Free. The Joynt, 650 N. Dearborn St. 312-573-2233.

**GRINGO STAR, DISTRICT SOMNIUM**  
8:30 p.m. \$8. Beat Kitchen, 2100 W. Belmont Ave. housecallent.com

**JENNIFER BATTEN, LESLIE HUNT**  
8 p.m. \$10. Martyrs', 3855 N. Lincoln Ave. 773-404-9869.

**JOE BARR, JOANNA CONNOR**  
9:30 p.m. \$12. Kingston Mines, 2548 N. Halsted St. 773-477-4646.

**JOHN ZAMOJCIN**  
8 p.m. Free. Redhead Piano Bar, 16 W. Ontario St. 312-640-1000.

**JORDAN BASKIN TRIO WITH DR. ODIES WILLIAMS**  
9 p.m. \$10. Andy's Jazz

Club, 11 E. Hubbard St. 312-642-6805.

**JOSE VALDES LATIN JAZZ TRIO**  
6:30 p.m. Free. Green Dolphin Street, 2200 N. Ashland Ave. 773-395-0066.

**KILLING JOKE, ASCENSION OF THE WATCHERS**  
9 p.m. \$23-\$28. House of Blues, 329 N. Dearborn St. 312-923-2000.

**LINSEY ALEXANDER BLUES BAND WITH NELLIE TRAVIS**  
9 p.m. \$8. Blue Chicago at Ohio, 536 N. Clark St. 312-661-0100.

**LORNA BOSTON BAND**  
8:30 p.m. Cover varies. The Underground Wonder Bar, 10 E. Walton St. 312-266-7761.

**MATT HALES, KAISERCARTEL**  
9 p.m. \$12. Schubas, 3159 N. Southport Ave. 773-525-2508.

**MAYLENE AND THE SONS OF DISASTER, A STATIC LULLABY,**

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5:30 p.m. \$12-\$14. Subterranean, 2011 W. North Ave. housecallent.com

**NICHOLAS BARRON**  
8 p.m. Free. Morseland, 1218 W. Morse Ave. 773-764-8900.

**NICK LOWE, PAUL CEBAR**  
7:30 p.m. Sold out. The Green Mill, 4802 N. Broadway. 773-878-5552.

**PETE GALANIS BAND WITH MARTY SAMMON**  
9:30 p.m. \$7. Rosa's Lounge, 3420 W. Armitage Ave. 773-342-0452.

**PISTOL PETE**  
8:30 p.m. Free. Harlem Avenue Lounge, 3701 Harlem Ave., Berwyn. 708-484-3610.

**ROCK STAR CLUB, HOSTILE**  
9 p.m. Free. Double Door, 1572 N. Milwaukee Ave. 773-489-3160.

**SEXFIST**  
9 p.m. Free. Red Line Tap, 7006 N. Glenwood Ave. 773-274-5463.

**SORAIA, WHO KNEW - KELLI ANN, VEIPA CRAY, CHILDREN OF INDUSTRY, TODD MURRAY**  
8:30 p.m. \$7. Elbo Room, 2871 N. Lincoln Ave. 773-549-5549.

**TROPICALE QUARTET**  
5 p.m. \$5. Andy's Jazz Club, 11 E. Hubbard St. 312-642-6805.

**VANDERMARK 5**  
9 p.m. \$5-\$15 suggested donation. Elastic, 2830 N. Milwaukee Ave. 773-772-3616.

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# pop

## How to stick with it

### Get a workout buddy

Having someone to work out with can be extremely helpful if you lack accountability and support. There will be days when you will not feel like going to the gym, or are just looking for an excuse to miss a workout. On those days, a training partner can be especially valuable. If possible, try to find someone who shares your same interests and fitness goals.



### Rock out while you work out

Listening to music while you work out is another way to help improve mood and avoid exercise burnout. One study looked at 41 women who were overweight to moderately obese participating in a 24-week weight loss program that included exercise, group meetings and diet. Each walked alone at least twice weekly, and participated in a group walk once a week. Half of the women listened to music, while the others did not. At the end of the study, both groups lost weight, but those who walked to music lost significantly more weight and body fat. In addition, they also had a higher success rate when it came to adhering to the program, with fewer of them dropping out of the study. Uplifting music helps to keep you moving, takes your mind off the monotony of working out and is a distraction from negatives like fatigue.



## Alter your workouts to keep motivated in gym

### Cox News Service

Lack of motivation can sabotage even the best workout plans.

Without motivation, boredom quickly follows, leading many people to eventually throw in the towel. At the point where you begin to feel as if you are just going through the motions, rather than allow this to continue, make sure you have a Plan B for fitness.

When it comes to ways to stay fit, there are literally hundreds of options available, so you

never need to settle for exercise that doesn't inspire you to meet your fitness goals.

Proper planning should include regular changes to one or more aspects of your current routine. For example, boredom can sometimes set in because workouts are too lengthy. If you are forcing yourself to do a full hour workout thinking that anything less won't provide good results, think again. Put quality over quantity if you have been spending too many hours in the gym.

On days when you are feeling burned out or are pressed for time, rather than give up your entire workout, do exercises that use multiple muscle groups all with one movement.

» Push-ups work the chest, the shoulders and the triceps.

» Climbing stairs or doing lunges work the hips, glutes, calves and thighs.

» Pulling exercises work the back, shoulders and biceps.

When alternated with cardiovascular exercise and modification of portion sizes, managing weight also becomes much more realistic and doable. Add new ideas and challenges, and the time you spend exercising goes by much faster because you are having more fun.

How often should you change your workout? The answer depends on your personality and your goals. Some people are more methodical





NEW YORK TIMES FILE

## MUSIC GADGETS

If your gym does not have music, you can bring your own. Remember, when exercising with headsets on, volume should be set to a level where you can still hear outside noise. Here are some products designed to be used during workouts:



### » Yamaha's BODiBEAT wi-gear.com

It's the first music player that automatically synchronizes music to match the pace of your workout. It comes with a small heart rate monitor and software that automatically categorizes each downloaded song by the number of beats per minute. Great for running, walking and dancing, the BODiBEAT also tracks distance, time, pace and heart rate for workouts.



### » iMuffs by Wi-Gear yamaha.com/bodibeat

This gadget allows you to listen to music wirelessly, with near-CD quality sound up to 30 feet away. The controls let you pause music, change volume, skip tracks and seek music right from the headphones. If paired with a Bluetooth phone, the iMuffs automatically pause your iPod and ring in the headphones, allowing you to talk through an integrated microphone. Models are available to accommodate newer and older versions of iPods.

and structured in their thinking and do well sticking to the same basic strength training exercises, but change things like the number of reps or sets they do, or they may add minutes to their cardio workouts instead of changing the type of machine or aerobic class.

Other people get bored in just a few sessions, and when this happens, quickly find excuses for skipping workouts. For these people, working different muscle groups on different days of the week and doing a different cardio class or machine each time keep the routine from becoming too predictable and stale.



Studies show that people who are slim and fit have a plan—and they stick to it. “They are eternally vigilant ... and they’re highly active exercising,” says one expert. **TRIBUNE FILE**

# Willpower: Fit people have more than most

## Cox News Service

They're slim, they're trim and they love to dine. How do they do it? Well, it turns out that fit folks really are different from their bulge-challenged friends.

Sure, there are genetic physiological differences in all of us that predetermine our metabolic rates and the way our bodies store fat. But it's the power of mind—willpower and motivation—that keeps those skinny people skinny.

John Foreyt, professor of psychiatry and behavioral sciences at Baylor College of Medicine in Houston, says studies have identified what makes them different.

“They are eternally vigilant with daily or weekly weighing, they monitor calorie intake and they’re highly active exercising at least 60 minutes a day,” he said.

According to Jim Hill's research from the National Weight Control Registry, their exercise of choice is not marathon running. It's walking, but walking enough to burn 400 calories a day.

“The good news is small changes for all of us, things that take very little time and effort, like walking an extra 2,000 steps a

day, about 15 minutes, can burn 100 calories,” Hill said.

What else does the slim set do to maintain weight? Here's a menu of healthy behaviors.

» They eat until satisfied, not stuffed. Put your fork down halfway through a meal and ask yourself using a 1 to 10 scale, “How full am I?” Take a sip of water and think about it some more. You'll give yourself time to gauge how hungry you really are, and eating slowly allows the stomach time to trigger the brain's sensation of fullness.

» They eat more fruits and vegetables. According to a 2006 study in the Journal of the American Dietetic Association, healthy-weight women eat one more serving of fruit and eat more fiber and less fat per day than overweight people. Fruits, vegetables and whole grains are the best source of healthy carbs.

» They have a plan and stick to it. According to a study in The New England Journal of Medicine, folks who lost weight and kept it off continued to be careful about consumption of lower calorie menu options and moderated their fat intake.

## MORE ONLINE

National Weight Control Registry is a database of more than 5,000 people who have lost more than 30 pounds and kept the weight off for at least a year. Learn more at **nwcr.ws**. Successful dieters in NWCR followed a diet of, on average, 20 percent protein, 24 percent fat and 56 percent carbohydrates. **cox**



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The ability to relax during competition is what puts an athlete "in the zone," according to coaches and trainers. **NEW YORK TIMES**

## Relaxation is crucial to strong performance

### New York Times News Service

Like so many people around the world, Dr. Michael Joyner was transfixed watching Michael Phelps swim in the Summer Olympics. But while many of us focused on Phelps' world records, Joyner, a competitive Masters swimmer and an exercise researcher at the Mayo Clinic, noticed something else.

"I have never seen anyone so relaxed in the water," he said.

Relaxation. It is a trait that is often underappreciated, coaches and athletic trainers say. Yet it can make the difference between doing your best and not doing well, between feeling dragged down or soaring. An ability to relax while pushing hard, exercise researchers say, is one reason why winners win.

"If a person is willing to learn, they will learn it," said Ralph Reiff, a certified athletic trainer and director of St. Vincent Sports Performance Center in Indianapolis.

One trick Clyde Hart, the director of track and field at Baylor University, uses to teach relaxation is to have athletes concentrate on relaxing their eyes.

"If they're wide eyed, they're tense," Hart said. "I tell runners to run sleepy eyed. It's like pouring a soothing oil over the body."

As the eyes relax, the face starts to relax, the jaw relaxes and then, Hart said, he tells

runners to let the feeling spread through the shoulders and arms.

"You want your arms to be your rhythm," he said. "They may not help you, but they can hurt you big time if your arms are tense and you are gripping your hands tightly."

Rick DeMont, associate head coach for men's swimming at the University of Arizona, said that in track and swimming it helps to relax the lower jaw and make sure you are breathing with your diaphragm and your stomach.

And Reiff said that he tells runners to stay tall, avoiding the rolled shoulders and tight upper body form that comes with fatigue and being too tense. He tells them to rehearse the phrase, "stay tall" to themselves while they run.

Coaches and athletic trainers say athletes always know when they relax. DeMont asks people to remember the best they ever did in a race or in

training. "Think of how darn good it felt," he said. "That's the feeling you are after."

It makes sense to Joyner. He explained that when people start to train and compete, these experiences of being relaxed happen at random. "But if you pay attention you can increase the odds of them happening again and again," he said. "To me this is what people talk about when they say they are 'in the zone.'"



***It was interesting when I ran [a] half marathon. I had not run a race in like 11 years, but I was able to get right into a rhythm and just sort of do it."***

**DR. MICHAEL JOYNER**

on how relaxing during a recent half marathon enabled him to finish in 1 hour, 38 minutes after little training.

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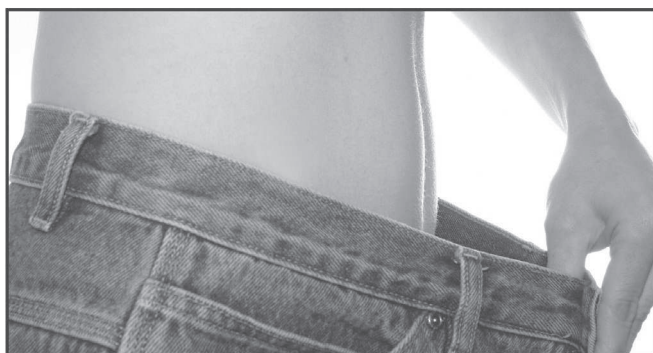
Dr. Michael Kaplan, president of The Center for Medical Weight Loss says, "The foundation for the program is high quality care, with an emphasis on behavioral modification through individualized counseling. We measure our patients' progress very carefully and can tell if a patient is losing water, fat or muscle as they begin losing weight. We adjust our techniques to make the weight loss not only rapid, but healthy and safe for our patients. We are committed to making sure patients not only lose weight, but keep it off permanently."

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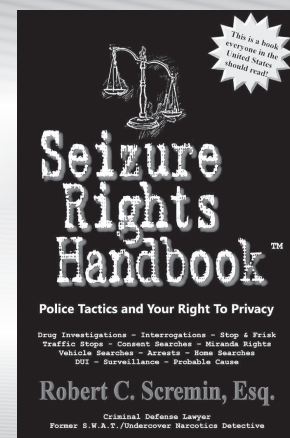
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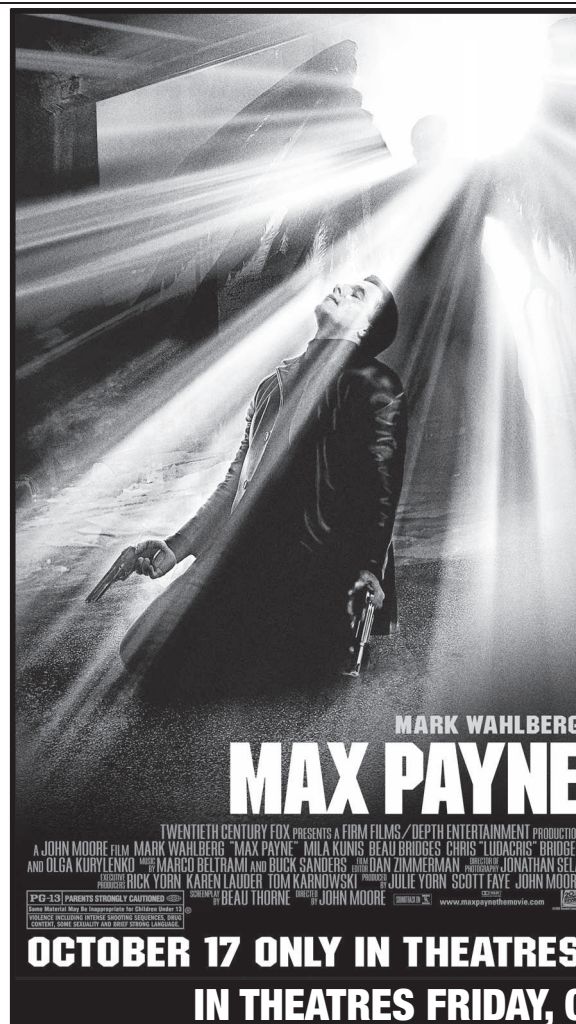


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MAX PAYNE has been rated PG-13 for violence including intense shooting sequences, drug content, some sexuality and brief strong language. No purchase necessary. One entry per person/household/web address. Entries must be received by Wednesday, October 15 at 5pm CST.









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**That '70s Show: The Complete Series Stash Box**  
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Topher Grace, Ashton Kutcher and their pals from the decade of disco return with this massive set packing all 200 episodes of the series. The 32-disc set has dozens of background segments, commentary and a booklet with cast interviews and photos.



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### 3 reasons to watch 'Eli Stone' ...



Loretta Devine



Sigourney Weaver



Jonny Lee Miller  
ABC

## Tuning into 'Stone'

### The Fresno Bee

When the cast of "Eli Stone" signed on for the ABC comedy/drama/fantasy/musical, they knew they might have to belt out a tune and dance, but they never realized how much work it would take.

They don't have weeks to practice dance moves or prepare their vocals for the weekly TV series.

At the beginning of the first season, the producers told Victor Garber he might be singing later in the season.

"Then, cut to second episode. I was singing a George Michael song," Garber said.

Garber panicked, spending nine hours with the show's musical director, Blake Neely, working one line at a time on the George Michael version of "Don't Let the Sun Go

Down on Me."

"On television, you have to work fast. The choreography, you just have to sort of go by the seat of your pants," said Garber, who unlike some cast members, had experience in musicals.

Jonny Lee Miller, who plays Eli Stone, didn't have to sing or dance in the films "Trainspotting" or "Aeon Flux." Natasha Henstridge never broke into song in either "Species" or "Species II."

"We can barely carry a tune, but it gets us by," Henstridge said.

Loretta Devine, who appeared on stage in "Dreamgirls," isn't complaining.

"It was like a wonderful surprise to be a part of this," Devine said. "So I really love it. I'm begging for more."



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### !!!! Eli Stone 9 p.m. Tuesday, ABC

**The scoop:** After experiencing visions—possibly from God—San Francisco lawyer Eli Stone (Jonny Lee Miller) became a prophet of sorts, championing little guys against bigger baddies in his cases. The Season 1 cliffhanger had doctors removing a brain aneurysm that may have caused Eli's visions and odd behavior. Is he "cured," and if so, is that a good thing?

**What works:** Here's hoping Eli keeps having visions (I know the answer, but I hate to spoil the fun for you), because, unlike in last year's TV disaster "Viva Laughlin!," the visions' musical numbers—from the George Michael solos to the big production numbers—make perfect sense within the story being told.

**What doesn't:** For a show about spirituality, I don't find "Eli Stone" all that preachy. But at times it can get self-righteous and melodramatic.

**Tune in or out?** Three reasons to watch: The divine Loretta Devine belts out "Dancing in the Streets" to open the new season, Sigourney Weaver guest stars this week, and she's followed by Katie Holmes in Week 2. Not to mention that Miller and his TV brother (Matt Letscher) couldn't be more charming.



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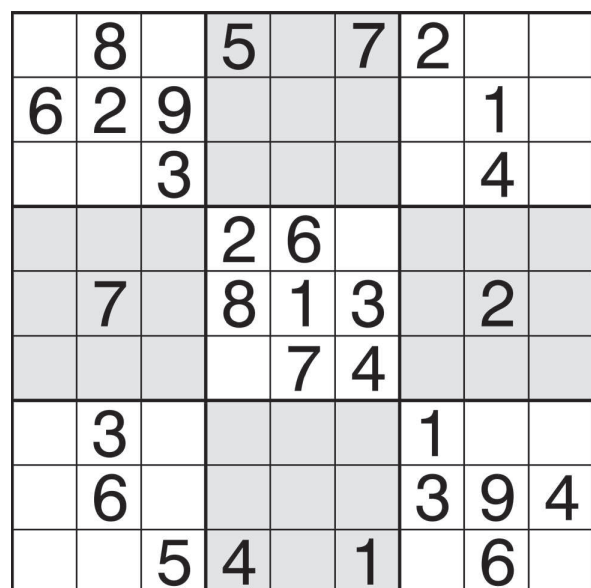


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5	3	8	6	4	1	2	7	9

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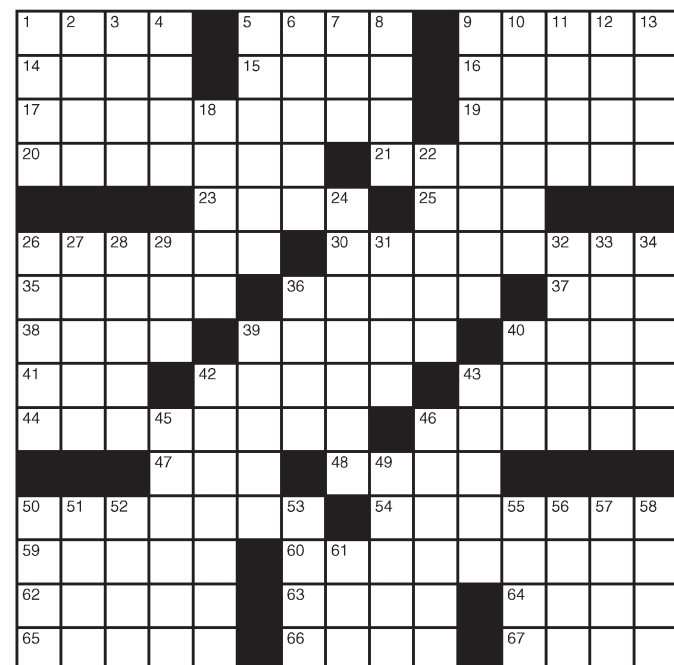
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**ACROSS**

- 1 Being as stated
- 5 Jettison
- 9 Hot, in a way
- 14 Join the game
- 15 Person of courage
- 16 Hilo hiya
- 17 Like a good pep talk
- 19 Causing death
- 20 Hired
- 21 Come forth
- 23 Heat, to crooks
- 25 Anger
- 26 Greeted
- 30 Setting on fire
- 35 Birch relative
- 36 Hangs onto
- 37 Expected
- 38 Actor's part
- 39 Biology subdivision
- 40 Discharge
- 41 Wind dir.
- 42 Radioactivity unit
- 43 Ill-tempered
- 44 Legendary sea creatures
- 46 Knitted shoe
- 47 Conclude
- 48 Streetcar in London
- 50 Tranquilizes
- 54 Weasels' kin
- 59 Twisted thread
- 60 Provisional
- 62 Weird
- 63 Nabisco favorite
- 64 Feline weapon
- 65 Groom oneself
- 66 Hock
- 67 Female fowl

**DOWN**

- 1 Roasting skewer
- 2 Forearm bone
- 3 Wine barrel
- 4 Excess promo
- 5 of Turin
- 6 Big name in pickle packing
- 7 Sea eagle
- 8 Venetian magistrate



- |                         |                         |                                      |
|-------------------------|-------------------------|--------------------------------------|
| 9 African treks         | 31 Adhesive substance   | 50 Tread                             |
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BY  
JIM  
WALSH

#### Jennifer Love Hewitt

**Routine:** Floor exercises

**The quote:** "I'm perfecting my push-up right now," she told People. "And the plank pose is very inspiring—where you're up on your elbows and your legs are out, and it's just your stomach holding your body up. Very cool."

**Last word:** We're floored.

REDEYE ILLUSTRATION

# WORK IT, STARS

These celeb fitness plans are all or nothing

It just sorta comes with the territory: If you're rich and famous, people are going to talk about the way you look.

It's no wonder, then, that celebs don't keep quiet about their fitness routines and what they are—or aren't—doing to stay in shape. Jennifer Love Hewitt, who was bombarded earlier this year with nasty blog messages about paparazzi pictures of her in a bikini, is the most recent star to chirp up about her workout plan.

"I'm getting ready to turn 30 and get married and all those things," the "Ghost Whisperer" star tells **people.com**. "This year was my year to try to glow from within and feel better."

Love Hewitt, who is engaged to actor Ross McCall, said she works out four or five days a week and "I love to run—that's good." But that's not the only thing she's doing to trim and tone. Here's a look at more of Love Hewitt's workout routine—along with a peek at how other celebs say they stay in shape.



#### Angelina Jolie

**Routine:** Family circus

**The quote:** Asked how she achieved her post-pregnancy bod, Jolie told Us Weekly: "A good dress!" She hinted that running around with the Jolie-Pitt brood keeps her svelte.

**Last word:** There's gotta be more to it than that!



#### Taylor Momsen

**Routine:** Maybe she's born with it

**The quote:** "I'm just kind of naturally thin," the "Gossip Girl" star told Us Weekly. "My mom's really thin, and I'm tall. Good genes."

**Last word:** We're biting our tongues.



#### Ryan Reynolds

**Routine:** A marathon for his pop

**The quote:** "It's my hope the story of my father combined with my own goal of becoming the first person in history to sob uncontrollably for 26.2 miles straight, may inspire you to give something too," he told The Huffington Post.

**Last word:** Run, Ryan, run!



#### Matt Damon

**Routine:** Running part of a triathlon

**The quote:** He told The Miami Herald that his brother "talked him into" running the race this month.

**Last word:** The family that trains together ...



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Simpson  
AP

## Be gone, ring rumor!

Jessica Simpson says she's not engaged to beau Tony Romo—and she can prove it. "We are not engaged," she tells "Entertainment Tonight," according to excerpts on **usmagazine.com**. "Tony and I have not gone to Neiman Marcus—somebody said we bought a ring there. I couldn't drag Tony in to Neiman Marcus if I tried." Maybe it's for the best—Romo busted his pinky finger Sunday against the Arizona Cardinals.

### Steady as she goes

Vanessa Paradis is Johnny Depp's girlfriend of 10 years and mother of his two children, and that's just the way she likes it. "Each summer people say we're supposed to be getting married, but we don't talk about it that much," Paradis tells the U.K. edition of *Elle*, according to **people.com** excerpts. "Maybe one day, but it's something I can really do without."

**txtable**

## Celebrity twin

Do you look like a celebrity? Show us! Send your picture along with the name of the celeb who shares your style to **jxwalsh@tribune.com**. For Tuesday, we have Dale Anderson of Pullman. Think he's a ringer for Ne-Yo? Text "twin" and the number of your opinion to **47383**. You'll get the poll results instantly.

1. Dead on

2. Way off



Anderson



Ne-Yo



## IN

### Robot hands (above)

Whatever Beyoncé is wearing in the new "Single Ladies (Put a Ring on It)" video, it looks pretty sweet.

## OUT

### Wholesomeness

So Maureen McCormick, who played Marcia Brady, battled all kinds of addictions—and wrote a memoir about it?

## WHATEVER

### 6126 clothing line

Lindsay Lohan's new line is all about her official uniform: leggings. Shocking.

### Moment of truth

Kenny Chesney (right) says his new album, which touches on the breakup of his marriage to Renee Zellweger in 2005, is "a pretty honest record." "I've let myself be more emotionally vulnerable in some of the lyrics," he tells *Newsweek*. "I think that was good therapy." So how long did it take for him to heal from the split? "It was horrible. It took a while."



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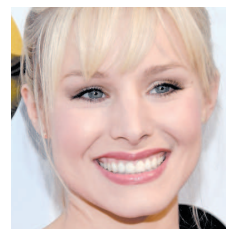
## Momma M.I.A.

It's official: M.I.A. is preggers. "I'm creating a baby," the "Paper Planes" singer confirmed to **pitchforkmedia.com**. She says the news rocked her world. "When I found out I was pregnant and 'Paper Planes' was in the iTunes top 10, it seemed like the whole world was reshuffled in one week, and all my plans went out the window," she says. "And that's the lesson ... you can't make plans, and you can't say [bleep]."

### THE VELVET ROPE

#### Hot or not?

Spotted: Kristen Bell dishing about the hottest guy on "Gossip Girl." Sorry, Chace Crawford and Penn Badgley, you're not on the list.



"I'm gonna have to go with Ed

#### Bell

[Westwick]!" the voice of Gossip Girl tells **online.com**. "Ed's got that really sultry, bad-boy thing going on. I'm digging it!" Must be the accent. Until next time, xoxo.

#### Snarky Mark

Mark Wahlberg isn't laughing about the "Saturday Night Live" sketch in which Andy Samberg portrays him talking to animals. "Someone showed it to me on YouTube," Wahlberg tells The New York Post. "It wasn't like Tina Fey doing Sarah Palin, that's for sure. And 'Saturday Night Live' hasn't been funny for a long time." Ouch! Why don't you tell us how you really feel, Mark? "I don't even know who's on the show now." OK, well say hello to your mother for us.

#### Fall Out Boy switch-up

The presidential election is no laughing matter to Fall Out Boy. The Chicago-area band bumped the Nov. 4 release of its "Folie Deux" album so as not to seem "cute" with an Election Day release. "This is the most important election of our time and ... we felt as though rather than making a commentary [with the release date], we were only riding the wave of the election," the band said in a statement on music site **friendsorenemies.com**. No word yet on when the album will drop.

#### HOT DATE

### Friday

That's when "Jeopardy!" will feature a category inspired by "Mad Men," according to **amctv.com**. If you can't wait until then, **jeopardy.com** has launched a "Mad Men"-themed online game with categories including fads and fashions and 1962.



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